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## HARNESSING THE SUN FOR RACING

CLEAN ENERGY  
SPECIAL SECTION



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6 Obscure Benefits of Yoga | Cool Geological Sites  
Water Conservation: The Energy Connections  
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WOMEN  
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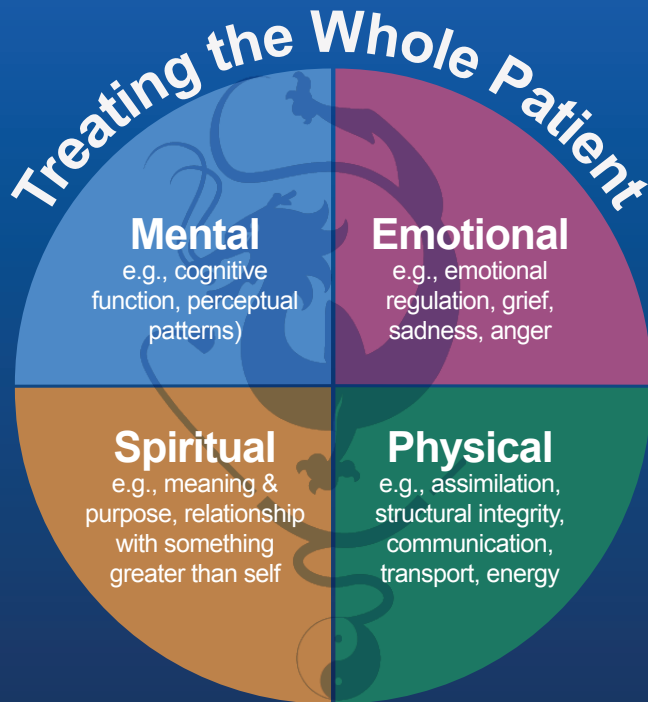
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Martha Grout, MD, MD(H) leads a holistic medical practice in Scottsdale, Arizona. Dr. Grout has 25 years in emergency medicine, and for the last decade, she has been

a homeopathic physician. Dr. Grout and her team are dedicated to the natural treatment and reversal of chronic disease.



**Rekha Shah, MD, MD(H)**

Rekha Shah, MD, MD(H) is board certified in Gastroenterology and Internal Medicine, as well as in Medical Acupuncture. She has been practicing medicine for over 30 years, with experience in

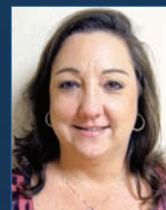
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diseases and treat using safe and effective, complementary evidence-based treatments, behavior and dietary changes to re-establish optimum health.



**Debi Murphy, PA-C**

Debi Murphy, PA-C, supports the team at the Center and enables them to work more efficiently with patients. She tries to learn as much as she can about each unique patient's condition. She is especially interested

in treating female hormone issues and patients afflicted with Lyme disease.



**Brent R. Korn, D.O.**

Brent R. Korn, D.O. is board certified in Internal Medicine and has been practicing medicine for 14 years, the last 5 of which have been devoted principally to the practice of integrative medicine. He is also

an adherent and proponent of orthomolecular and "life extension" medicine.



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The second annual Solar Boat World Championship Race hosted by Solar1 will take place in Monaco July 9-11. Photo courtesy of Solar1.

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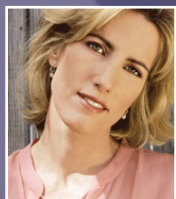


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July 2015

## Editor's Note



Man, it's hot out there. Months like this one make me wonder how we can survive another summer in the Phoenix area, and why people decided to populate here in the first place. As the sun beats down on us day after day, making us sweat profusely and curse our piping-hot steering wheels, we can easily forget to be appreciative of the sun's power.

For being 90 million miles from Earth, the sun's energy only takes about 10 minutes to reach us, which is pretty impressive. This renewable energy can be harvested using solar panels – but you knew that already. Did you also know that the idea of solar energy is not even from the 21st Century? There have been forms of harvesting the sun's energy since 700 BC, when glass lenses were used to make fire using sunrays.

Although the U.S. may be ranked fifth in the world (beat by Germany, China, Italy and Japan) for using solar power, we are continuing to make strides with solar and renewable energy. In our July Solar and Energy issue, we cover several topics of interest in the solar and energy market, both in Arizona and globally.

In our special Clean Energy section, we're featuring stories on the WISE (Women in Solar Energy) organization; reasons to get involved in solar policy decisions; a Q&A with one of Arizona's oldest solar companies; and our cover story on the Solar Boat World Championship race happening July 9-11 in Monaco. This is an exciting time to be alive, folks. We're putting solar panels on everything, from buildings to boats, and are constantly innovating to find new ways to harness renewable energy from the sun, wind, water and more.

In addition to these solar and energy stories, this month's issue features a Q&A with Arizona forestry experts on conservation; six obscure benefits of yoga from



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a local yogi; top northern Arizona geological destinations to escape to this summer; local business incubator Seed Spot; an eco-travel story on the Mexican Baja; the PHX Renews project; the Outside Classroom enabling children to learn through nature; our citrus recipe contest winner; and much more!

Although the sun's heat can seem unbearable at times, it's important to appreciate the beautiful, clean energy that is helping us move away from non-renewable fossil fuels and toward a cleaner energy future.



A handwritten signature in blue ink that reads "Amanda".

Amanda Harvey  
Associate Editor



Photo by Betsy D. Warner, Nature Conservancy

# CONSERVING ARIZONA FORESTS

BY MARIA FABIOLA PORTILLO

While many may associate the southwestern U.S. with only miles of arid desert land, Arizona is actually home to six national forests that include snowcapped mountains, lakes and rivers. In Arizona, where extensive droughts and increasing demand place pressure on limited water supplies, healthy forests are essential as they allow for more water to flow through aquifers, streams and rivers. We turned to experts on forest conservation to explain just how important forests are to Arizona and its inhabitants.



**WALLACE “WALLY” COVINGTON, REGENTS’ PROFESSOR AND DIRECTOR OF THE ECOLOGICAL RESTORATION INSTITUTE (ERI) AT NORTHERN ARIZONA UNIVERSITY**

## WHY IS FOREST CONSERVATION IMPORTANT?

Forest conservation is critical to ensure that current and future generations enjoy the benefits that healthy forests provide – clean water, abundant wildlife, recreational opportunities, clean air and renewable natural resources.

## HOW DOES A PROGRAM LIKE THE ERI HELP ARIZONA FORESTRY SPECIFICALLY?

The ERI brings together the unique strengths of NAU to solve these problems. Chartered by the Western Governors’ Association, ERI works with other universities; federal, state and tribal natural resource agencies; elected officials and stakeholders to ensure that the best available scientific information is used to restore these forests to conditions that are healthy and resilient.



**REBECCA DAVIDSON, SENIOR ANALYST, WATER RIGHTS & CONTRACTS, SRP**

## WHY ARE HEALTHY FORESTS IMPORTANT FOR OUR LOCAL WATER SUPPLY?

Healthy forests are imperative in maintaining water supplies for Valley communities. Most of Arizona’s surface water resources are sustained by forested watersheds that capture rain and snow and then carry surface water downstream. Past forest management practices have created highly dense, overgrown forests. These forests are now prone to catastrophic wildfire, which pose significant risk to the runoff water entering the Salt and Verde River system. This is because the runoff from wildfire carries ash and debris into downstream reservoirs, which ultimately reduces the storage capacity of our drinking water reservoirs.

## WHAT ARE SOME WAYS WE CAN HELP KEEP OUR FORESTS GREEN AND HEALTHY?

First – Understand the issues. Arizona’s forests face two major issues: some areas are severely scarred and in need of reforestation efforts, while most of the remainder is densely overgrown and highly susceptible to catastrophic fire. These areas need strategic, restorative thinning to return them to healthier conditions. Second – Get involved. Interested organizations, businesses and individuals can volunteer, engage in collaborative restoration efforts, and donate to specific projects designed to improve forest and watershed health.



Photo by Erika Nortemann, Nature Conservancy





Photo by Sue Sitko, Nature Conservancy




### PATRICK GRAHAM, STATE DIRECTOR OF THE NATURE CONSERVANCY IN ARIZONA

#### WHY IS FOREST CONSERVATION IMPORTANT?

The significance of thinning work proved crucial in saving the towns of Alpine and Greer a decade after the Wallow fire became the largest in Arizona's history. Mega-fires can profoundly and negatively impact the quality and quantity of our water for years, which is why forest conservation in Arizona is crucial.

#### WHAT IS THE NATURE CONSERVANCY DOING TO HELP ARIZONA FORESTRY?

Tablet technology is being developed to help guide thinning and monitor results. The Nature Conservancy will soon announce a partnership to put this new technology to work. The benefits are that our forests regain their full capacity to provide water to our rivers and communities. We must transform the way our forests, chaparral and grasslands are managed to have any hope for reducing the threats of catastrophic fires. 

.....  
Maria Fabiola Portillo is a student/observer/listener/storyteller at Arizona State University learning how to positively impact our world through multimedia. She also loves to eat and laugh (sometimes at the same time).

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# 6 LESSER-KNOWN BENEFITS OF YOGA

BY JAMIE FINNAN

If you've never thought about yoga as a part of your health and wellness regime, you could be missing out on more than you think! While body contortion and flexibility may not be high among your fitness goals, better mobility and gradual stress relief are important to every lifestyle. Here are a few of the more obscure benefits to a regular yoga routine.



## DIGESTION AND DETOXIFICATION

Regular yoga practice aids in the detoxification of internal organs. Twisting poses compress internal organs, halting circulation. When released, fresh blood, oxygen and nutrients flood digestive organs, improving their functionality.



## GOOD GABA

Serotonin, dopamine and GABA are the "feel good" brain chemicals responsible for elevated mood and contentedness. Yoga helps boost the levels of these important chemicals naturally, helping us deal with anxiety, depression and stress.

## STRESS RESPONSE

Today, it's common for one's stress response to constantly be in the "on" position. This wreaks havoc on the body. Yoga helps



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reduce this stress overdrive by reducing the body's cortisol levels, calming our nervous system and restoring balance after high-stress events. On the mat, we learn to gain acceptance of ourselves and others, release our judgments, and embrace what is – one of the best stress relievers of all.

#### IMMUNITY BOOST


An ancillary benefit of yoga's ability to reduce cortisol levels is improved immunity. Cortisol is known to decrease the immune system's effectiveness by immobilizing certain white blood cells. Dampening cortisol boosts immunity and prevents illness.

#### INFLAMMATION REDUCTION

Yoga has been shown to significantly decrease inflammation, which is a

primary culprit of disease, illness, infection and a host of other maladies.

#### MINDFUL EATING

Regular yoga practice has been linked to mindfulness of both the body and emotions. We become more mindful of our emotions, the body's ability to cleanse and detoxify itself, and how whole, non-processed foods fuel the body rather than slow it. Yoga helps instill mindful food choices and helps suppress emotional food cravings. 

.....  
Jamie Finnan is the Area Manager of CorePower Yoga Phoenix. Practicing since 2010 and teaching yoga since 2013, Finnan balances his active lifestyle with all disciplines of yoga and a particular focus on transitions between sequences for a more fluid practice.

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# LIVING WITH LESS WATER THE ENERGY CONNECTIONS

BY DAVID SCHALLER

In his recently acclaimed 2013 treatise “A Great Aridness,” William deBuys states emphatically that energy “is the most underreported story in the looming water crisis of the Southwest and the nation.” If so, how does energy fit into our feature theme of Living with Less Water?

For starters, conventional steam electricity generation – particularly the coal and nuclear plants serving most Arizonans – requires staggering amounts of water. This is not new information, but it’s still not the first thing that comes to mind when we flip on a switch.

Author and University of Arizona law professor Robert Glennon reports that a typical 1,000 megawatt (MW) coal-fired baseload power plant evaporates about 10,000 gallons of water per minute, or between 0.5 and 0.7 gallons per kilowatt hour (kWh). Applying this metric, the 2,225 MW Navajo Generating Station in northern Arizona has consumptive water losses of more than 20,000 gallons per minute as it burns the coal to pump 1.5 million acre-feet of Central Arizona Project water to our desert farms and cities.

The generation of conventional Arizona electricity requires water, too – lots of it. Energy is also needed to pump, transport, inject, withdraw, treat and distribute water to end-users.

But not all electricity generation requires the prodigious consumptive

use of scarce Arizona water. Think of solar energy. Wherever we see those gleaming arrays of photovoltaic panels, whether on rooftops or in utility scale installations, we are looking at water efficiency projects as well. Every kWh of electricity generated from solar panels means not only less carbon in the atmosphere but less Arizona water wasted through evaporation. The growing number of solar panels going up around the state equals more water for other needs. There is now more than 2,000 MW of solar/water saving capacity in Arizona.

And we can’t forget the importance of energy efficiency. Every kWh of coal-fired electricity not needed because of smarter energy use in our homes and businesses leaves more water in aquifers and reservoirs for future use by cities and farms.

Perhaps as we look for more ways to live with less water, we can come up with a water-saving label for all of our solar energy projects. We need to start advertising the possibility of reducing the millions of gallons of water lost daily to evaporation by choosing a cleaner energy future.

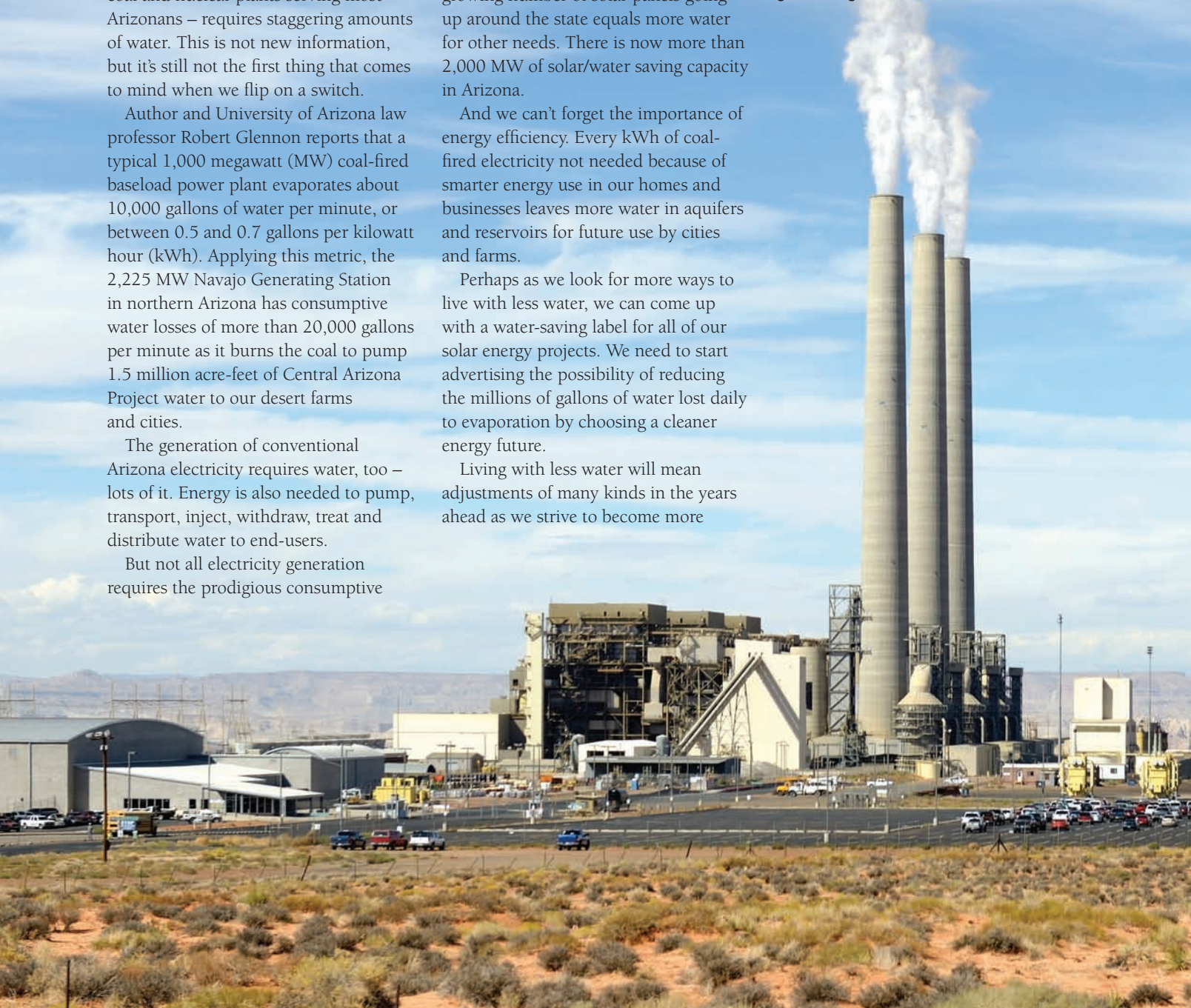
Living with less water will mean adjustments of many kinds in the years ahead as we strive to become more

resilient desert communities. Living with more solar energy and less coal is a smart, easy way to begin living with less water. [gl](#)

David Schaller is a retired environmental scientist living in Tucson where he writes on climate, water and energy security.

Navajo Generating Station photo by Wolfgang Moroder.

Read more water articles at [greenlivingaz.com/water](http://greenlivingaz.com/water)





## THE SHARING ECONOMY

### SURFACE LEVEL BENEFITS

#### Recirculating Goods

Reduces consumption

#### Ride-Sharing

Saves CO<sub>2</sub>

#### Home-Stay

Saves energy, CO<sub>2</sub>, water, solid waste



### DEEPER ISSUES

Products need to be designed with full life cycle in mind (recyclable, non-toxic)

Need to motivate those not already using public transportation in order to reduce emissions

More people choosing home-stays may reduce environmental savings

## THE SHARING ECONOMY PART 2 A GREEN FUTURE OR BUSINESS AS USUAL?

BY ANTON G. CAMAROTA, PHD

The sharing economy is an emerging phenomenon facilitated by digitally enabled collaboration, and it consists of four general types of businesses:

- Recirculating goods: Companies such as eBay and Craigslist
- Using durable assets more intensively: Companies such as the Phoenix Tool Library, Uber and Lyft
- Community skill exchange: Service bartering organizations such as Ithaca Hours and the Dane County Time Bank
- Sharing productive assets: Companies such as credit unions and SkillShare

The sharing economy has been buoyed by claims of saving energy, reducing waste, bringing communities together and creating a more environmentally friendly society. Proponents believe that the sharing economy is actually moving the world towards a sustainable utopia. But are these benefits accurate? Upon closer examination, the rosy future predicted by the sharing economy may not be fully realized over time.

The argument for recirculating goods is strong: from an environmental perspective, the more use we obtain from existing products, the fewer raw materials are needed to produce new products. We can extend the useful lives of products by recirculating them, which reduces the consumption of the Earth's resources. Over time, the net effect is to slow the extractive and waste-generating activities of the human economy and decrease the human footprint on the planet.

These positive effects, however, can be offset by growing populations demanding higher levels of cheaper consumer goods with a poor product design. To obtain a net environmental benefit from the recirculation of goods, they should be designed to minimize life cycle impacts, including both the use of non-toxic materials as well as the ability to be 100 percent recycled at the end of their useful life. Recirculating goods that contain toxic materials and that end

up in landfills merely delays the inevitable.

Another example is Uber's claim that their UberPool ride-sharing service saves 120 tons of carbon dioxide per month in San Francisco. This claim may not be entirely accurate, as many of the people sharing rides have been diverted from taking public transportation such as trains and buses, which have a much lower per person carbon footprint.

Airbnb claims that the use of its home-stay service results in a per-guest nightly savings in North America of 63 percent less energy, 61 percent less greenhouse gas emissions, 12 percent less water and 32 percent less solid waste than a stay at a commercial hotel. While these initial impact reductions are significant, they may be eroded over time due to the increasing numbers of consumers choosing less expensive home stays as a lodging option.

When we look at the economy from a macro perspective, the picture becomes even less clear. A big attraction of the sharing-based companies is their convenient provision of goods and services at lower prices, which is especially important for consumers. These lower prices will tend to increase the amounts of goods and services consumed, which will be reflected in an increase in overall economic activity. Since most world economies are powered mainly by fossil fuels that generate significant greenhouse gas emissions, it is not clear that this increase in overall economic activity will result in a net positive impact on the environment. ■

Next time: The Sharing Economy Part 3: Finding Green Business Opportunities.

Dr. Camarota is Executive Director of Tellari, an Arizona-based research and educational organization dedicated to helping business leaders build sustainable companies. [anton@tellari.com](mailto:anton@tellari.com) [tellari.com](http://tellari.com)

Illustration by Kyle Gannon

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# PHX RENEWS

## TRANSFORMING VACANT LOTS INTO COMMUNITY SPACES

BY DEMETRIUS BURNS

Progress is often fought in the trenches of holding on and letting go, but the battle is won in renewal. Renewal is the process of taking something old and making it new, relevant and immediate. Phoenix is a city with a brief history; however, the standard of progress still applies. In

order for Phoenix to continue emerging, concentrated efforts of renewal must occur.

City of Phoenix Mayor Greg Stanton seems to understand this principle. In 2012, Mayor Stanton helped start PHX Renews, an initiative dedicated to decreasing the amount of empty lots

throughout the city and using them for purposes that will serve the greater good of the community. As per the PHX Renews website, 43 percent of Phoenix's land is made up of vacant lots. The mission of PHX Renews is simple: find uses for these spaces to beautify the city while also promoting sustainability and





enhancing the community.

The project began with a 15-acre lot at Central and Indian School, the former site of Phoenix Indian School, which closed in the 1980s. It was purchased by Barron Collier Companies through a land swap with the federal government, leading to the building of the VA Hospital and Indian School Park. The 15-acre lot, however, remained vacant until 2012, when community gardens (150 garden beds, to be exact), a pet exercise area, and various art pieces were installed by local artists and members of the community.

PHX Renew is an umbrella project under Keep Phoenix Beautiful – a nonprofit that has served the community for more than 30 years, and aims to promote preservation and protection of the environment. President and CEO Tom Waldeck has seen a great deal of positive impact manifest from the program. “It has been proven that projects like this help decrease crime in neighborhoods and increase property values, so it is a win-win,” said Waldeck.



Photo courtesy of Keep Phoenix Beautiful and Phoenix Public Works

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Photo courtesy of Keep Phoenix Beautiful and Phoenix Public Works

“Our core programs are litter abatement, recycling education and beautification practices, which PHX Renews falls under,” Waldeck continued. “We look at PHX Renews as kind of an incubator project – what works and what does not.” Since the renovation of the Central and Indian

School lot, PHX Renews has also turned a small lot on Central and Vernon into a pocket park, and other vacant lot transformations are on the horizon. To date, over 5,000 volunteer hours have been logged from these projects. ■

For more information or to volunteer, visit [phxrenews.org](http://phxrenews.org). Photos by Kristen Stowe unless otherwise noted.

Demetrius Burns is a freelance journalist in Phoenix who is passionate about social justice in its multifaceted manifestations. He is currently enrolled in the Walter Cronkite School of Journalism and Mass Communication.

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## LOCAL GROUP CULTIVATES CHANGEMAKERS

BY SARA WEBER

Entrepreneurship is a field based on innovation and risk taking and is often filled with fierce competition. Fueled by a dog-eat-dog mentality, many startups never see the light of day due to a lack in resources or assistance. Seed Spot is a local organization that wants to end that cycle and create a community of innovators who enable each other to find success.

CEO and co-founder of Seed Spot, Courtney Klein, has garnered national attention for her work with social entrepreneurs. Her company takes start-up businesses and helps catapult them to the next level through in-building programs that give access to office space, financing opportunities, expert mentoring and more.

Klein emphasizes the importance of building a strong sense of community among local changemakers. "I started Seed Spot with the dream of connecting social entrepreneurs to a community of supporters," Klein said. "It is not easy to be an entrepreneur – but the more people that rally around an idea, the more likely it is to be successful."

Applicants are evaluated based on Seed Spot's social impact scale, a list of criteria that determines whether an entrepreneur is the right fit for the company's programs. Social need and impact, innovation, community and environmental responsibility, economic value, and project sustainability are just a few of those key determiners.

Entrepreneurs can choose from two different programs: the 14-week full-time program ideal for those who are ready to grow a company, or the 12-week night program for those hoping to start a business. Shorter boot camp programs are also available.

Agriscaping is a venture from Seed Spot's 2013 program. Founders Justin Rohner and Clark Richardson wanted to help people build personal gardens that would enable them to create their own source of healthy food. The company has gone on to spread edible and sustainable agriculture around the state.

Aquastream is another Seed Spot alum. The company combined advertising and water conservation with their water bottle refill stations. Owners Mare Van Dyke, Warren Van Dyke and Steve Owst said on their website that in less than 12 months, their refill station in ASU's Tempe gym refilled more than 100,000 water bottles.

Seed Spot director of entrepreneur initiatives, C'pher Gresham, says that in order to help build such successful ventures, applicants must understand who they are seeking to help. "We focus a lot on customer validation," Gresham said. "Without understanding your customers, it's hard to sell your product."

Seed Spot's latest projects are focused on bringing two different demographics into their world: high school students and the Latino community. Seed Spot NEXT and Véndemé tu Sueño (or, Pitch us your Dream), respectively, offer opportunities and resources made available through their programs and boot camps.

Gresham says he sees a significant improvement in each cohort that participates in their programs. "Some of the growth we measure is on revenue and numbers of users," he said. "But the growth of the individual entrepreneur is most important. We look at how they are inspiring others with their work."

Klein sees the state of Arizona as a valuable asset to accomplishing her goals with the company. "We have every resource we need in Arizona," she said. "And at Seed Spot, we see ourselves as the connection between entrepreneurs and the community." <sup>81</sup>

For more information about Seed Spot, visit [seedspot.org](http://seedspot.org).

Sara Weber is a master's candidate at the Walter Cronkite School of Journalism and Mass Communication studying both print and digital platforms. She has written for other Arizona magazines and recently reported on the sustainability of construction plans in Nicaragua.

Photo by Mike Mertes

Read more business articles at [greenlivingaz.com/business](http://greenlivingaz.com/business).



# SOLAR BOATS

## A NEW ERA OF COMPETITION

BY AMBER STARR



Combining competition, solar energy and innovation, Solar1 is hosting its second annual Solar Boat World Championship race in Monaco. The race is the first of its kind to be held on the open sea, and features boats that are powered only by solar energy. The event will take place July 9-11, hosting teams from all over the world, including several from the U.S.



The race is comprised of three different classes: the A Class, showcasing boats built for speed; the Open Class, featuring the most innovative boats with no limitations on solar panel power output; and the V20 class, comprising of boats of one design that can be modified by competitors.


Solar1's World Championship race is a nod to Monaco's competitive racing legacy, which includes the "Monaco Meeting," the world's very first powerboat race in 1904. Since 1929, they have hosted the Monaco Grand Prix annually.

But the Solar Boat World Championship race is more than just a competition. Looking to the country's past, Solar1 recognizes the mark racing has left on Monaco, and hopes

to propel the sport of racing into the future by hosting a 100 percent carbon-free, solar-powered race – a new concept in competitive racing.

"For us, it's contact with a future generation, with people who think about the environment," stated Bernard D'Alessandri, Director of the Yacht Club de Monaco. "We're certain that the technologies used here on these boats will be later used on the yachts of the future."

By inviting competitors from around the world, Solar1 hopes the event will continue to further awareness of the power of solar energy, so that what we currently view as innovation will one day become the norm. "We use global events to communicate, educate and promote a greener and brighter future to a new generation," commented Sergei Dobroserdov, CEO of Solar1. "I would like our future to be clean, economical and sustainable."

Uniting different industries throughout Monaco, the Solar Boat World Championship race has unified those who are passionate about sustainable development, and has also helped to expand Prince Albert II of Monaco's global vision of environmental protection and sustainability. By promoting the use of renewable energy, the solar boat race is continuing to fulfill his commitment to protecting the planet and changing the landscape of Monaco's racing industry for the better. Prince Albert II is welcoming a new era of racing in Monaco, and hopefully soon, worldwide. 

For more information, visit [solar1races.com](http://solar1races.com). Photos courtesy of Solar1.

Amber Starr is a full-time student majoring in Business Administration at Wilkes University. She is passionate about social awareness, art and design, and works as a freelance makeup artist.

For more articles about energy visit [greenlivingaz.com/energy](http://greenlivingaz.com/energy)



# FUELING THE FUTURE

BY RACHEL GOSSEN

Established in 1999, GreenFuel Technologies (GFT) has become one of Arizona's leading solar energy businesses. Chief Operating Officer David Brooks shared with us how GFT has remained an integral part of Arizona's solar industry.

## Q: HOW HAS THE SOLAR INDUSTRY CHANGED SINCE GFT BEGAN?

The industry has dramatically changed. As costs continue to come down, so expands the adoption of solar. We currently have a trifecta of scenarios creating the hottest market in years: manufacturing supply has panel costs the lowest in history; financing options have matured and developed for mass adoption; and most importantly, the expiring solar state tax incentives in 2016 have made this year the year to get solar installed.

## Q: WHAT IS GFT DOING TO REMAIN AT THE FOREFRONT OF THE SOLAR ENERGY BUSINESS?

We believe the path to ecological and economical balance lies in the energy and structures we use to expand our world. We align our products and services with our customers' needs. We're also continuously improving our internal work practices to maintain an exciting and rewarding work environment. We believe the decisions we make for our homes, businesses and transportation will be the footprint we pass on to future generations.

## Q: HOW HAS THE COMPANY EXPANDED?

GFT has continued growing its residential and commercial divisions in energy solutions. Residential services include a full solar suite of products, LED and energy reduction programs, electric vehicle charging stations, electrical contracting and utility administration. Commercial projects this past year have included solar production projects for municipalities, college and charter schools, retirement communities, a bakery, as well as energy reduction projects. This year's acquisition of Royden Construction will also expand our energy projects in the transportation construction areas.



David Brooks, GreenFuel Technologies  
Chief Operating Officer


## Q: WHAT CAN YOU TELL US ABOUT THE RECENTLY INSTALLED PHOTOVOLTAIC ENERGY SYSTEM AT THE NEW SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE (SCNM) BUILDING?

The SCNM project consisted of 16 carport structures holding 1,761 solar panels for a system size of 537,105 kilowatt (kW) DC. Not only does this project help reduce the college's energy costs, it also provides shading for parking and lowers the surface temperature of the parking lot. SCNM will be LEED Platinum certified upon completion.

## Q: WHAT ARE SOME PROJECTS YOU HAVE COMING UP?

One project with ASU and the Israeli company Aora consists of a field of heliostats and the construction of a 110-foot tower housing a 100 kW-AC turbine. GFT continues to push new applications and technology, including a new product release of a fully engineered 1 kW ballasted ground mount kit for the do-it-yourselfer.

## Q: WHAT DO YOU SEE IN THE FUTURE OF SOLAR ENERGY?

Once the tax incentives expire, the industry will have a sharp correction as project costing equalizes. The next catalyst is already emerging, however. Battery technology continues to improve, and Tesla Motors announced low-cost battery storage solutions for residential application. As prices continue to reduce, utility independence will become cost effective and competitive, once again increasing solar demand – this time without needed incentive. 

.....  
Rachel Gossen is currently pursuing a journalism degree at Chapman University in California.

See more energy sector articles at  
[greenlivingaz.com/energysector](http://greenlivingaz.com/energysector)



# THE ENERGY POLICY DISCUSSION

## EFFECTIVE SOLUTIONS THROUGH CIVIL PUBLIC DISCOURSE

BY MICHELLE DE BLASI AND CHRIS DAVEY



For those individuals who are not directly engaged in an industry, it is difficult to know and understand the day-to-day complexities involved in developing and implementing an effective policy regime. The loudest voices seem to be the ones heard, but they do not necessarily reflect the positions of those most affected by the policies being proposed. This is particularly true in the energy industry, resulting in a major challenge for implementing a reasonable, balanced and long-term energy policy.

Uncertainty in policies can have detrimental impacts on creating a balance between the government's interest in protecting the consumer and the industry's goals of developing in a predictable playing field. If the process lacks transparency and fair discussion, public participation in this process wanes due to a lack of confidence that a fair result can be realized. With additional factors such as changing market conditions, evolving

disruptive technologies, and a lack of a federal energy policy, the confusion and complexity of these issues can overpower the rational discourse that would otherwise lead to a solution-oriented process.

Citizen participation is a long-standing tenet of the democratic decision-making process in the U.S. Whether individually or through organized trade organizations like the Arizona Energy Consortium (AEC), informed public involvement in Arizona's energy policy is key to gaining a direct voice in policymaking decisions with the following benefits:

- Opportunity to share information and input on important issues with a diverse section of the Arizona energy sector.
- Ability to influence proposed new initiatives that affect the long-term strategic planning for the energy sector in Arizona, as well as regionally and nationally.
- Impact on economic development initiatives that support continued

technological development to better compete for the generation of power that drives the need for manufacturing in the supply chain to support generation.

- Opportunity to develop and attract top workforce talent, increasing Arizona's competitiveness to meet the needs of the growing energy sector.
- A stable and growing energy sector to attract new business opportunities.
- Building a spirit of cooperation and goodwill between the regulators, the regulated industry and the consumers to foster continued cooperation and avoid future conflicts and delays. ■

For more information, visit [azenergy.org](http://azenergy.org).

The AEC promotes and utilizes all of these opportunities in its participation in the energy sector policy discussion. Whether involved in the generation of power or in the use of a diverse energy portfolio, the AEC's active membership base has learned the importance of being involved and contributing to the outcome of the most important policies that impact their businesses.

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# WISE WOMEN WORK IN SOLAR

BY ROXANNE BOWERS

The solar energy industry is growing at an amazingly rapid pace, at 20 percent faster-than-average job growth, according to The Solar Foundation. However, when we look at the solar industry, we see that it is a field comprised mostly of men.

Kristen Nicole, CEO of Zenergy Studios, noticed this while pursuing her own solar career, and decided to make a change. “I was already involved with several women’s groups and none of them were in the heart of solar,” she explained. “This inspired me to start something on what was happening with women in solar, what has been done, and also to found WISE [Women in Solar Energy] and start making some changes.”



Kristen Nicole, Founder

Since 2011, the WISE non-profit organization has helped countless women gain more opportunities working in the solar industry. The organization established the She Speaks Solar program, which enables women to showcase their talents and knowledge of solar energy. WISE also created a mentorship program to connect women working in solar energy, and are expanding their WISE International efforts and also launching a new Kid Fund Project in early 2016. They also recently held an event in 15 U.S. cities simultaneously. “We had over 400 men and women attend and over the course of about four hours we collected information and received feedback on the experience of women in the solar energy industry,” Nicole said.

Nicole believes that a career in the solar industry also

provides women the opportunity for education and advancement. “Solar is an excellent opportunity to start off your career because it touches so many different industries,” she said. “You can get into solar and be a lawyer, or be in marketing, or finance, or technical, and be an environmentalist in the energy sector.”

For women interested in a career in solar energy, Nicole says the best way is to just get started. “Do not be intimidated by the technology,” she suggested. “Just jump right in and then reach out to us; we can help you navigate.”

WISE hopes to encourage women to not only become involved in a sustainable career, but a sustainable life as well. “There are not a lot of jobs where, at the end of the day, you can look at your industry or look at your work and feel truly accomplished that you’re doing something very meaningful for future generations and for the planet,” said Nicole.

WISE has helped women to accomplish their goals, and further educates women and children on the value of solar energy. WISE works to encourage the passion that women have for their careers in the solar industry and introduces that passion in others as well. We look forward to the changes that WISE is sure to bring to solar. ■

For more information, visit [solwomen.org](http://solwomen.org).

Roxanne Bowers is currently a candidate for a bachelor’s degree at Arizona State University’s School of Liberal Arts and Sciences. She is a local writer passionate about sustainable living.

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SunTrac provides a solar thermal system that can be integrated with new or existing residential, commercial or industrial air conditioning systems. The company has developed a renewable energy system that has changed the way solar thermal energy is harvested and implemented...using the sun for cooling and heating!

SunTrac's system works with a wide variety of residential air conditioning systems as well as commercial rooftop and chiller system applications. The SmartPanel provides heat and pressure normally generated by the HVACR compressor, allowing the compressor to

stay in its low operating range where it consumes much less electricity. Results vary depending on the compressor type, manufacturer, age and condition, but an integrated SmartPanel can reduce compressor electricity consumption by up to 40 percent, and qualifies for a 30 percent federal tax credit.

For business applications, SunTrac has partnered with Emerson Climate Technologies/Copeland and KMC Controls to create unique renewable energy air and heat systems for commercial customers, featuring SunTrac's HVAC System Upgrade Packages, as well as new and replacement system options. These hybrid systems provide the highest possible efficiencies and the lowest operating costs available today.

The groundbreaking SmartPanel™ technology solves two major issues with solar thermal panels: degradation and stagnation. The patented panel design uses Rite Temp™ sensor technology to control the heat generated by the system. This safeguards the effectiveness and longevity of refrigerants and compressors. The system monitors and controls the pressure and heat added to

the system's refrigerant, which allows the system to maintain a steady refrigerant temperature, ensuring system pressures are kept within their optimal ranges.

SunTrac systems are scalable, and panels can be linked, configured and integrated together to accommodate larger commercial HVAC systems. In a recent commercial installation, the SunTrac contractor installed six SunTrac panels on a 30-ton chiller system, which will provide the building owner a return on investment in just over two years and significant saving for up to 10 years or more!

In residential installations, it is ideal for SunTrac panels to be installed with new air conditioning and heat pump systems. With the available federal tax credits, these installations see an immediate recovery of the solar upgrade cost, and will enjoy energy savings for an average of 12 to 15 years.

**For more information, call 480-999-6091 or visit [suntracsolar.com](http://suntracsolar.com).**



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## BUSINESS EVENTS

### GREEN DRINKS

July 7, 5:30 p.m.-7:30 p.m.

Kelly's at Southbridge

7117 E. 6th Ave., Scottsdale

The topic for this month's Green Drinks event is green construction. Enjoy drinks and networking with like-minded individuals in the green industry. Other Green Chamber events this month include Lunch and Learn on July 8 and Coffee with the Board on July 16.

[thegreenchamber.org](http://thegreenchamber.org)

### LOCAL FIRST JULY EVENING MIXER

July 15, 6:00 p.m.-8:00 p.m.

Total Transit, Inc.

4600 W. Camelback Rd., Glendale

Local First Arizona is holding their July Evening Mixer hosted by Total Transit for Local First members. The mixers are a great way for local business owners and guests to meet and network. Mixers provide light snacks and beverages as well as door prizes and a raffle.

[localfirstaz.com](http://localfirstaz.com)

### SEDONA LUNCHEON

July 17, 11:30 a.m.-1:30 p.m.

The Hilton Sedona Resort

90 Ridge Trail Dr., Sedona

Arizona Forward's Luncheon Program Series will focus on National Geographic's Geotourism Campaign spotlighting the Verde Valley, which contains the last perennial rivers in Arizona and maintains its natural beauty and culture. The luncheon will feature several guest speakers, including representatives from National Geographic and Sedona Chamber of Commerce. The cost is \$55.00 for members, \$65.00 for non-members and \$40.00 for students.

[arizonaforward.org](http://arizonaforward.org)

### ARIZONA WATER REUSE SYMPOSIUM

July 26-28, various times

Little America Hotel

2515 E. Butler Ave., Flagstaff

Organized by WaterReuse Arizona and the AZ Water Association Reuse Committee, join the symposium to exchange information and experience related to water reuse planning, implementation and operations. Registration starts at \$125.00.

[azwater.org](http://azwater.org)

## GREEN IN THE NEWS



### SOLAR IMPULSE 2 TO MAKE A STOP IN THE VALLEY

The Solar Impulse 2, one of the world's first solar powered planes, is scheduled to land in Phoenix in mid-July. It will be one of the plane's 12 scheduled stops in its journey around the world. The goals of the pilots, Bertrand Piccard and Andre Borschberg, are to prove that solar flight is possible and to gain awareness on the possibilities of solar power as an alternative source of fuel. According to the website: "This revolutionary airplane will have to do what no one has ever done before: fly through five consecutive days and nights without using any fuel." Specifics on speaking engagements and events will be announced closer to the solar plane's arrival in Phoenix.

[info.solarimpulse.com](http://info.solarimpulse.com)

### PHOENIX #1 IN PETROLEUM REDUCTION

Phoenix Mayor Greg Stanton recently accepted the award on behalf of the city of Phoenix for having the highest reduction in petroleum fuels in the U.S. This award is due to Phoenix's numerous efforts to reduce the use of petroleum fuels, particularly through the use of clean public transportation. These sources of clean transportation include the electric-powered Sky Train at Phoenix Sky Harbor Airport, the electric-powered Light Rail System and the Valley Metro buses that are powered by liquefied natural gases. Additionally, over 3,300 Phoenix fleet vehicles use alternative fuels. [cleanairaz.org](http://cleanairaz.org)

### POPE RELEASES ENCYCLICAL ON CLIMATE CHANGE

Pope Francis recently released a 184-page encyclical discussing climate change, revealing that he agrees with the world's climate scientists. He indicates the blame is on humans and our burning fossil fuels, while also warning that continuing in this manner will result in a destruction of our ecosystem. At some points in the letter, the Pope was blunt with his words: "The Earth, our home, is beginning to look more and more like an immense pile of filth," he said. Also in the letter is a reminder that nature is not a possession and that we have a collective responsibility to pass along a clean planet to future generations. Many believe the Pope's statements are a nudge to world leaders to think about and commit to reducing greenhouse gas emissions. [w2.vatican.va](http://w2.vatican.va)

Read more Green in the News at [greenlivingaz.com/greennews](http://greenlivingaz.com/greennews)





# A JOURNEY DOWN HIGHWAY 1 TO THE WONDROUS MEXICAN BAJA

BY JENNA AND SCOTT SPACKEEN

Surrounded by the fierce, cold Pacific Ocean to the west and the calm, warm Sea of Cortez to the east, Baja Mexico is one of the most dynamic, biologically diverse and culturally interesting places on Earth. It spans 1,000 miles with only one way to drive from top to bottom: the famous Highway 1.

Being so close in proximity, Arizonans and Californians are generally familiar with the Baja, having likely vacationed to Tijuana, Ensenada and Cabo San Lucas. Most have heard of the Baja 1000 and 500 off-road races. It is interesting, however, that this region is so close, yet relatively few have ventured down Highway 1 for a road trip.

Perhaps this introductory article will encourage lovers of the Sonoran Desert or wild places in general to learn more about this isolated land. There are numerous descriptive books

written by “Baja Rats” of various types, going back to John Steinbeck’s famously scribed “A Log from the Sea of Cortez” in 1951. Since Steinbeck’s collaborative and iconic account, there have been several other books written by scientists or enthusiasts specializing in botany, fish, geology, culture, photography and adventure. All of these narratives possess a poetic tone that describes the charm and grandness that Baja has to offer.

The first hurdle for those even mildly interested in experiencing the wonders of







Jenna Spackeen (left) and Amanda Costaregni (right) in front of a Giant Cardon, found only in the Baja.

Baja is to remove any excuse for hesitation. Have no fear! Your journey into Baja will prove to be one of the best of your life.

Because of the winding single linear highway north to south, it takes time to travel the Baja. Traveling 200 miles in a day is a lot, which is why travelers should take it easy and, if possible, have no real schedule. Your road trip may literally be blocked by cows or burros hanging out on the dusty highway.

Additionally, the Baja has a way of sweeping you off your feet and allowing you to lose track of time. It is likely you'll find your own piece of paradise and simply decide to hang around a few days longer.

On the Baja peninsula, the landscape is rugged and diverse. Every turn of the highway will offer a new vista. There are 20 or so plant genera that are endemic, and 700 plant species

  
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that are found nowhere else on the planet! A mountain range looms in the north, covered in massive sugar pines and ideal camping sites. There are also 30 Spanish Missions in the Baja – some high in the mountains, and some low in the small towns.

And of course, the breathtaking views from the beaches of the Sea of Cortez and its hundreds of desert islands will leave you awe-inspired by nature and thirsty to return.

Stay tuned for the next part of the Mexican Baja travel story,

focusing on the local culture and food and wine scene. 

Scott Spackeen is a native plant specialist who studied at Utah State University in a discipline called Range Science. He's made his 30-plus year career producing and selling native plant seeds for erosion control purposes and habitat improvement.

Jenna, Scott's daughter, is a marine scientist working on her PhD at the Virginia Institute of Marine Science, where she is studying the impacts of climate change on phytoplankton.

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Mason bees emerging from cocoons.

## WELCOME TO THE NEW BEECONOMY PART 2

BY ALISHA “BEE” FORRESTER SCOTT

It is our pleasure to present Part 2 of our wildlife series about bees and business. In our June issue, Part 1 highlighted the unique abilities of solitary bees, which are estimated to be 60 times more efficient at pollinating food crops than honey bees. These solitary-but-social bees forage separately, but some individuals sleep in the same location or share nests.

The article suggested that our farmed food supply chain would become more secure simply by giving the honey bees a rest and working primarily with solitary bees for pollination. Furthermore, two private businessmen were featured: Dave Hunter and Charlie Mohr. They are now teaching others how to “grow” solitary bee cocoons in organic crops and gardens.



### BEE MATH AND SCIENCE

Pollination is the only way that nourishing foods like vegetables, fruits, nuts and spices exist. Bees are the top pollinators on the planet, for the food we eat and the food for our pets and livestock. If the worldwide bee colony collapse continues, what will happen to the honey bees? Until

Mother Nature figures out the situation, we can keep our local food supply chains alive and growing by working with efficient pollinating solitary bees.

By mathematical estimation and observable fact, many more bees of all types are necessary to fulfill our country’s food pollination needs and demands. The latest estimations determine that 1,000 solitary bees can do the work of 60,000 honey bees. Anyone who wants to can easily get involved in growing solitary bee cocoons. It is not expensive, and solitary bees are not prone to stinging.

Among solitary bees, there are many different types with many different beneficial behaviors. The leafcutter bee is a very efficient pollinator, and the mason bee is an early spring pollinator that can operate at the lowest temperatures compared to any other insect.

Charlie Mohr, creator of Bee With Me, is optimistic about the future of solitary bees. “Within three years, all our bee-growing work will pay off, as there will be up to 15 million various solitary bees to help pollinate the organic food supply,” he said. Garden centers will be carrying solitary bee- and honey bee-friendly equipment that Bee With Me is helping to organize and put together.

### WHAT ABOUT BEE-FRIENDLY STANDARDS?

In the U.S. each year, pollinated foods represent billions of dollars in profit. Pollinated food is a very big business. As you have likely noticed, food costs are rising. Whether food is in season or out of season, organic or not, it doesn’t seem to matter to the high cost of grocery store food.

Mohr stated, “From ground studies, we see that solitary bees increase food supply production and increase profits to organic


farms. We encourage commercial organic farms and home gardeners to switch from working with honey bees to growing solitary bees. Abusing honey bees happens simply to achieve pollination success, revenue or business growth. Solitary bees are the best option for organic farmers, because farms that are growing food will no longer have to rely on or abuse the



honey bees. This standard of care is fair for the bees.”

Thought you missed out on helping with the bee situation? Much of the work, public education, research, development and distribution is still in need of assistance. It takes only a few hours each year to grow solitary bee cocoons. Everyone can participate in re-establishing local and regional food supply chains. This is an exciting time!

#### PROJECTS TO WATCH FOR:

- Bee With Me is an organization where “prosumers” can find vital solitary bee growing information, as well as resources to acquire the basic equipment needed to get personally involved. Look for the hashtags #growbees and #beewithme.
- Bees News Network (BNN) is a “good news” network project that is being built to support the solitary bees industry news, and to inspire positive involvement moving forward. Bee With Me is sponsoring the alpha version of the BNN project as a public service.
- Look for more regular bee-related articles in *Green Living* magazine. 

.....  
Alisha “Bee” Forrester Scott is an independent writer whose opinions do not necessarily represent the viewpoints of Green Living magazine or its affiliates. For more information on bees, e-mail [alishabee@alishabee.com](mailto:alishabee@alishabee.com) or visit [alishabee.com](http://alishabee.com).

Read more wildlife articles at [greenlivingaz.com/wildlife](http://greenlivingaz.com/wildlife)



Mason bee cocoons can be safely held and fostered.

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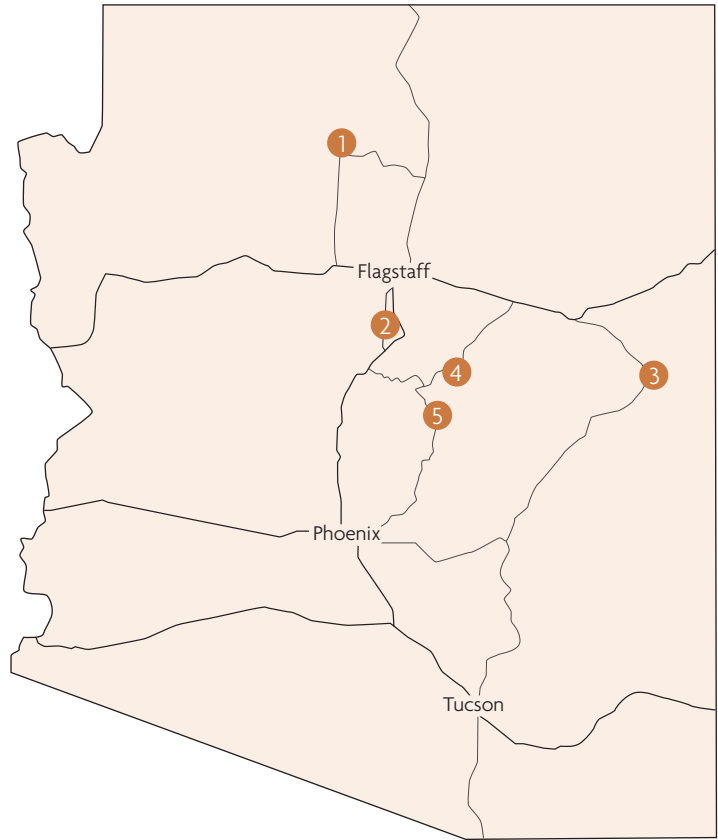
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# COOL DOWN UP NORTH IN JULY

BY SHEILA SCANLAN

For many Phoenixians, the summer heat means staying indoors. Don't let the high temperatures squander your summer fun. Thanks to the varied elevation in Arizona, the higher you go, the cooler it gets! Pick one of these gorgeous geological destinations to explore and enjoy a refreshing break from the midsummer heat.



View from Grand Canyon North Rim. Photo by Bruce Andersen.

## 1. GRAND CANYON NORTH RIM

Elevation: 8,000 feet

Drive time from Phoenix: 6 hours

Average July temperature: 77 degrees

The Grand Canyon is considered one of the seven natural wonders of the world, yet only 10 percent of the canyon's visitors ever get to see the North Rim. Hike the easy Cape Royal Trail, which provides stunning views of the Grand Canyon from a different angle (with Angel's Window, Vishnu Temple and the San Francisco Peaks in the distance). While in the car, take the Marble Viewpoint scenic drive – the overlook provides a panoramic view of Marble Canyon, Vermilion Cliffs and House Rock Valley.



Devil's Bridge. Photo by Matthew Field.

## 2. SEDONA

Elevation: 4,500 feet

Drive time from Phoenix: 1 hour 55 minutes

Average July temperature: 97 degrees

Once you arrive in Sedona, Devil's Bridge is not too far off the beaten path. With moderate effort, this 1.8 mile round trip hike rewards you with a view of a natural sandstone arch. By following the steeper natural staircase alongside, you'll arrive at the top, and, taking some care, you can even walk across it. When you're back from your trek, head into town to take advantage of Sedona's famous shopping and cuisine.





View from summit of Mt Baldy. Photo by Wikipedia user Zarxos.

### 3. GREER

Elevation: 8,300 feet

Drive time from Phoenix: 4 hours

Average July temperature: 76 degrees

The mid-seventies summer temperatures make the four-hour drive to the heart of the White Mountains worth every second. This family-friendly destination at the headwaters of the Little Colorado River is a recreational paradise offering camping, fishing, hiking and horseback riding. Stay at the Winn Campground – at 9,200 feet, it's the highest developed campground in the state. Take a day hike to Mount Baldy, run to Greer for ice cream, and then relax at the fire ring at the end of the day.

### 4. C.C. CRAGIN RESERVOIR

Elevation: 6,695 feet

Drive time from Phoenix: 2 hours 50 minutes

Average July temperature: 83 degrees

You'll find this camper's delight just north of Happy Jack tucked into a canyon in the Coconino Forest. This little gem of a lake has boating access, fishing, swimming, wildlife viewing and more. Rock Crossing or Blue Ridge Campground are close by and accommodate tents, smaller motor homes and trailers.



Photo courtesy of U.S. Forest Service, Coconino National Forest.



Tonto Natural Bridge. Photo by Andrea Lai.

### 5. PAYSON

Elevation: 5,000 feet

Drive time from Phoenix: 1.5 hours

Average July temperature: 91 degrees

Ninety minutes north of Phoenix is Payson, home of the Mogollon Rim. While among the pines and fir trees, camp at the top of the Rim, visit Tonto Natural Bridge, explore the natural springs at Fossil Creek, or fish in Payson's beautiful lakes.





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# EDUCATION THROUGH NATURE THE OUTDOOR CLASSROOM

BY AMANDA HARVEY

In today's technology saturated world, it's more important than ever to get children involved in outdoor appreciation. At the MLK Jr. Preschool in Phoenix, they're doing just that with the Outdoor Classroom.

Nicole Julien, Instructional Specialist Coordinator, has been involved with the project since 2012. A collaborative effort between the Roosevelt School District, Roosevelt Head Start, and the U of A Cooperative Extension Maricopa County Family Resource Center, the Outdoor Classroom was built to utilize the baseball fields leftover from when the school transitioned from

K-4th grade to early childhood only. With help from First Things First, the Outdoor Classroom broke ground in June of 2014, and students began using the space in January of this year.

The Outdoor Classroom has more than 10 learning stations, which parallel the learning areas within the typical preschool classroom. Some of these interactive exhibits include the Nature Art Area, Block Area, Digging Pile, Mud Kitchen, Tricycle Path and Messy Materials Area, all designed to stimulate creativity and inspire harmony with nature. There are also 15 raised garden beds, one for each classroom to grow what they choose.

"What it comes down to is the bigger picture: less and less children are spending time outside, and even less time is allowed for free play – the

experience of choosing their own activities," said Julien. "Nature provides rich and diverse opportunities for real, hands-on experience."

Among the favorite spaces in the Outdoor Classroom are the "mountains." Wood chips were brought in to be fall zones, but the children have been making use of the 6-foot-tall piles in the meantime. "The school serves many children with mobility impairments," said Julien. "One boy, 'Mike,' wears leg braces, but he still wants to do everything that the other children do – including climbing the mountain. Mike crawled on his first attempt, but by the end of the day he was walking up the hill. This mulch pile gave Mike the rare opportunity to climb, the wood chips providing a soft and yielding surface and a challenge."

Many volunteer hours made the Outdoor Classroom a success, and children from the MLK Jr. school and other schools use the space on a daily basis.

"Watching this dream become a reality has been amazing," said Julien. "With each visit, the children engage with nature through play. Being that this is the time of greatest brain development during a person's life, these experiences are sure to be formative." ■

Find more green kids articles at  
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# SALTED HONEY ORANGE LATTEA



Congratulations to Sadie Fontes, who won our Citrus Recipe Contest with this luscious alternative to your morning coffee! It's not only delicious, but good for you – full of antioxidants and nutrients, and is dairy/sugar/alcohol/caffeine-free. (For an extra energy boost, if you don't mind caffeine, use half green tea/half orange spice.)

## INGREDIENTS

- |   |                           |
|---|---------------------------|
| 2 cups orange spice tea, still warm, but not too hot to handle (it will be placed in a blender) | 2 Tbsp honey, or to taste |
|   | Dash of cinnamon          |
|   | Sprinkle of sea salt      |
|   | Squeeze of orange juice   |
| 1-3 Tbsp coconut oil (the more, the creamier)   |                           |

## DIRECTIONS

1. In a blender, combine all ingredients and blend on high for 10-20 seconds, until completely emulsified and creamy-white.
2. Serve in latte/cappuccino mug for one large serving, or divide into two coffee cups.
3. Drizzle with more honey, dash of cinnamon, and sprinkle of salt, if desired. Garnish with fresh orange slice and orange zest.
4. Drink and enjoy.

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## WARM SPRING BEETS WITH FRESH GOAT CHEESE, FIELD MACHE AND LEMON OIL

Impress guests at your next summer gathering with this delicious beet recipe from Chef Jacques Qualin, Chef de Cuisine of J&G Steakhouse in Scottsdale.

### BEETS INGREDIENTS

1 quart water  
1 Tbsp salt  
1 oz. red wine vinegar  
3 bunches baby beets (multicolored, for a nice presentation)

### HAZELNUT INGREDIENTS

4 oz. hazelnuts, shell removed  
1 1/2 Tbsp corn syrup  
Pinch of salt  
Pinch of cayenne

### DIRECTIONS

1. Combine water, red wine vinegar, salt and beets in a large pot and bring to a simmer. Cook gently until beets are tender. Rub off skins with a clean towel, then trim and quarter. Cook beet colors separately to avoid color transfer.
2. In a bowl, mix the shelled hazelnuts, corn syrup, and pinch of salt and cayenne pepper. Spread onto a sheet tray lined with a baking mat. Cook in a preheated oven at 325 degrees until golden brown. Let cool to room temperature.

### LEMON OIL INGREDIENTS

1 oz. lemon peel, pith removed  
1 tsp ginger, peeled and roughly chopped  
1/4 tsp salt  
5 oz. extra virgin olive oil (EVOO)

### GARNISH INGREDIENTS

Aged balsamic to taste  
6-8 mache lettuce leaves  
4 medium-sized basil leaves  
Ground black pepper  
Fresh goat cheese

3. Combine lemon peel, ginger, salt and EVOO in a large pot on the stove. Warm to 150 degrees, and then blend in a blender until smooth.
4. To plate: Reheat beets if necessary. Top with hazelnuts, lemon oil, aged balsamic, sea salt, mache leaves, basil leaves, ground black pepper and fresh goat cheese to your liking.
5. Enjoy!

For more recipes, visit  
[greenlivingaz.com/recipes](http://greenlivingaz.com/recipes)



# GREEN SCENES

## JULY CALENDAR OF EVENTS



7/3, 4 &amp; 11 Fruits Of The Desert



7/7 Secrets Of The Grand Canyon



7/17-18 Front Porch Pickin's

### CENTRAL ARIZONA

#### july 1

##### GREEN LIVING JULY LAUNCH PARTY

5:30 p.m.-6:30 p.m.

Adams Craig Acquisitions property  
4845 E. Caida Del Sol Dr., Paradise Valley  
Enjoy complimentary appetizers and drinks from local vendors, while socializing with like-minded, eco-conscious people. Enter to win eco-friendly door prizes and donate to our cash-only 50/50 raffle benefitting the Arizona Energy Consortium. Please RSVP. [greenlivingaz.com/party](http://greenlivingaz.com/party)

#### july 3, 4 & 11

##### FRUITS OF THE DESERT

7:00 a.m.-10:00 a.m.

Spur Cross Ranch Conservation Area  
44000 N. Spur Cross Rd., Cave Creek  
Join the quest to find and taste some of the edible plants in the desert, including saguaro cactus fruit. The cost of admission is \$3.00 per person. Contact Kevin Smith, Park Ranger, at 480-488-6623 or email [kevinsmith@mail.maricopa.gov](mailto:kevinsmith@mail.maricopa.gov) to reserve your spot. [maricopa.gov/parks/spur\\_cross](http://maricopa.gov/parks/spur_cross)

#### july 7

##### SECRETS OF THE GRAND CANYON

6:30 p.m.-7:30 p.m.

Civic Center Library  
3869 N. Drinkwater Blvd., Scottsdale  
Go on a spectacular journey with Larry Zuiker, local hiker, photographer and Grand Canyon guide, as he shares his experience of hiking the beautiful historic landmark from rim to rim. The cost to attend is free, but registration is required. [scottsdalelibrary.org](http://scottsdalelibrary.org)

#### july 1-5

##### NATIONAL INDEPENDENTS WEEK

All day

Various locations

Celebrate the 10th anniversary of Local First Arizona's National Independents Week and support local and independently owned businesses in your area. Visit Local First's website for a 20 percent off Golden Coupon to use at participating local businesses. [localfirstaz.com/independents-week](http://localfirstaz.com/independents-week)

#### july 4

##### SCOTTSDALE FOURTH OF JULY

2:00 p.m.-9:30 p.m.

WestWorld

16601 N. Pima Rd., Scottsdale  
Cool off in 300,000 square feet of air-conditioned festivities. Enjoy food and drinks, live music, a kid's zone and, of course, fireworks. Advance tickets for children 5 and under are free and general admission is \$12.00. Scottsdale residents pay \$6.00. [westworldaz.com/events2](http://westworldaz.com/events2)

#### july 17-18

##### FRONT PORCH PICKIN'S

10:00 a.m.-4:00 p.m.

Park West Mall

9744 W. Northern Ave., Peoria  
Founded by three mothers who love to craft, Front Porch Pickin's is a traveling vintage and handmade market. It is the ultimate showcase of rustic, shabby-chic, vintage and handmade items in the West Valley. Tickets are \$2.00 in advance and \$3.00 at the door. [frontporchpickins.com](http://frontporchpickins.com)



7/11 Audubon Bird Walk  
Photo by Nancy Maurer Photography



7/23-27 Pure Living Expo & Conference



7/28 An Evening With Viktoras Kulvinskaskas

## NORTHERN ARIZONA

July 11

### AUDUBON BIRD WALK

7:30 a.m.

Highlands Center for Natural History  
1375 S. Walker Rd., Prescott

Both beginning and experienced birders are welcome to attend this free event at the Highlands Center for Natural History. Bring your binoculars, snacks and water.

[highlandscenter.org/  
calendar-of-events](http://highlandscenter.org/calendar-of-events)

July 23-27

### PURE LIVING EXPO & CONFERENCE

Various times

Hilton Sedona Resort at Bell Rock  
90 Ridge Trail Dr., Sedona

Attend the third annual vegetarian foodie and holistic lifestyle event to explore the connection between food, health and ecology. The event attracts a global group of health enthusiasts for panels, demos, meals and parties. Tickets start at \$25.00.

[purelivingexpo.com](http://purelivingexpo.com)

July 28

### AN EVENING WITH VIKTORAS KULVINSKAS

6 p.m.-9 p.m.

Heaven on Earth Sanctuary  
4395 Lake Fork Rd., Granite Dells, Prescott

Eminent Harvard research pioneer and author, this ultra-fit Lithuanian living legend and lifelong yogi, Viktoras Kulvinskaskas, age 77, will share advanced nutrition and arcane health practices. The cost is \$20.00 to attend. Call 928-308-2146 to reserve.



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7/1-31 Skynights



7/11-26 Apple Annie's



7/26-27 Garlic Festival at Triangle T Guest Ranch

## SOUTHERN ARIZONA

july 1-31

### SKYKNIGHTS

5 p.m.-10 p.m.

Mt. Lemmon SkyCenter

9800 E. Ski Run Rd., Mount Lemmon

Explore the night skies from the summit of Mount Lemmon using Arizona's largest public telescope. This program occurs daily and starts at varying times throughout the year based on when the sun sets. Admission is \$60.00 for adults and \$30.00 for youth and includes a light dinner.

[skycenter.tix.com](http://skycenter.tix.com)

july 11-26

### APPLE ANNIE'S ORCHARD

Various times

2091 W. Hardy Rd., Willcox

Head to Apple Annie's Orchard for fun events all month long, including the Sweet Corn Festival, Peach Mania and Watermelon Weekend. The family-friendly events are free but produce is available for purchase.

[appleannies.com](http://appleannies.com)

july 26-27

### GARLIC FESTIVAL

10:00 a.m.-5:00 p.m.

Triangle T Guest Ranch

4190 Dragoon Rd., Dragoon

Celebrate the 6th annual garlic harvest with live bands and entertainment, local farmer's market, craft booths, garlic cooking contest and more. Proceeds help raise funds for Wounded Warrior Project and Make-A-Wish Foundation of Arizona.

[azretreatcenter.com](http://azretreatcenter.com)

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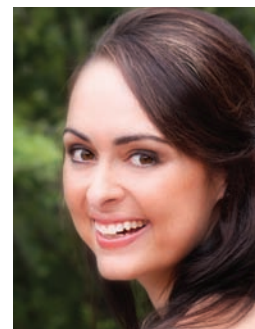
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HE'S GREEN

SHE'S GREEN

Product reviews by our eco-conscious couple John and Jennifer Burkhart



In the middle of summer, it's hard to think of anything else but dunking in a pool and drowning yourself in arctic-cold beverages and treats. Why fight the urge? But choose your refreshments wisely and go for the good stuff. We've got five organic frozen goodies that might just make you forget it's 112 degrees outside. And don't fret about the calories – you've already sweat those out just reading this intro!



#### JULIE'S ORGANIC | BLACKBERRY SORBET BARS

**HE SAID:** I immediately regretted not buying more than one box. These super smooth blackberry sorbet bars are sweet, tart and refreshing. They're also certified organic, cholesterol free and only 60 calories. Game, set, match – Julie wins.

**SHE SAID:** I'd love to meet Julie and bow at her feet! How did she make such perfectly soft and creamy sorbet? It wasn't icy at all, and the deep sweet blackberry flavor left my taste buds wanting more. Sorbet so good, it almost made me forget about ice cream. Almost.

He gave it:

She gave it:



#### THREE TWINS ICE CREAM | ORGANIC VANILLA BEAN ICE CREAM SANDWICH

**HE SAID:** OK, this Three Twins thing is bugging me. Three Twins would be six people, but there's only three faces on the box. Are they triplets? I'm so confused! Anyway, these ice cream sandwiches were confusing, too. The vanilla ice cream was delish, but the twin cookies were mushy and slightly gritty.

**SHE SAID:** Hmm, I'd say back to the drawing board for this dessert. The cookie seemed old or overcooked with hard chocolate chips, and it just crumbled into a mess. The vanilla filling was OK, but very mild flavored. With 21 flavors of ice cream and a "save-the-planet" business attitude, I'll still give their other products a try.

He gave it:

She gave it:



#### LUNA & LARRY'S ORGANIC COCONUT BLISS | SALTED CARAMEL IN CHOCOLATE COCONUT MILK BARS

**HE SAID:** I am not on board with this salted caramel craze. Stop ruining perfectly good caramel! I am also not on board with these salted caramel bars. The chocolate coating was good, but the ice cream was too icy, and the swirl of tainted caramel completely wrecked this treat for me.

**SHE SAID:** These bars were surprisingly creamy, you'd hardly notice they are dairy free. The coconut flavor does compete with the salted caramel, though. It's a battle that ended in a tie. To be truly blissful, the L&L team needs to load up on the caramel. Overall, it was still tasty!

He gave it:

She gave it:



#### STONYFIELD ORGANIC | AFTER DARK CHOCOLATE FROZEN NONFAT YOGURT BARS

**HE SAID:** How does one improve a fudgesicle? Dip it in more chocolate, of course! The middle of this bar was slightly icier than I like, but the chocolate flavor was perfect. Not too sweet or too bitter. Overall, a delicious treat.

**SHE SAID:** The words "non-fat yogurt" don't exactly get my taste buds watering, but these were great! The yogurt on the inside was smooth and chocolatey. They would almost be tastier without the slightly waxy chocolate coating. But hey, double-chocolate anything is a sure winner in my book!

He gave it:

She gave it:



#### 365 EVERYDAY VALUE | ORGANIC LEMON CREAM ICE CREAM BARS

**HE SAID:** This was an interesting one. Just as I expected, the first bite revealed an overpowering Lemon Pledge flavor. But I kept eating, and by bite four or five it started to grow on me. Each bite was different. Some tart lemon, some balanced, and some sweet vanilla and chocolate.

**SHE SAID:** The whole time I was eating this, I was trying to figure out if I liked it or not. It was such a strange combination of flavors, I don't think it even knew what it was. Vanilla ice cream with a face-distorting tart lemon center, all dipped in a white chocolate shell. Chocolate and vanilla are great, or maybe vanilla and lemon together...but not all three.

He gave it:

She gave it:



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